



In Roman times, gladiators would rub dill into their skin before a fight to both bring them luck, and to help invigorate their bodies. Dill has also been used since ancient times to help relieve colic and other digestive problems. Dill oil's fresh, herbaceous aroma has also been known to help calm the nervous system and relieve headaches.

Steam distilled
from whole plant

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Dill

Anethum graveolens